



Good News for Vitamin and Mineral Users

Three recently published studies showed positive findings for the role of vitamins in disease prevention and overall wellness. Intake levels of calcium, vitamin D and B vitamins showed a strong association with reduced risks of acute health conditions. The Council for Responsible Nutrition applauded the study conclusions stating that the new findings may lead to some new avenues of research.

A study published in the *Archives of Internal Medicine* reported a positive link between high intakes of calcium from both food and supplements and lower incidences of colorectal and other digestive cancers in both men and women. Additionally, women who consumed up to 1,300 mgs of calcium per day had an overall lower risk of cancer.



Vitamin D, the current media darling in the nutrition world, may get more attention as a result of an analysis of the Third National Health and Nutrition Examination Survey. There was a strong association with

vitamin D deficiencies and risk for colds or upper respiratory infections. This highlights the role vitamin D plays in immune function. The association of low vitamin D levels was even stronger in individuals with asthma or chronic obstructive pulmonary disease (COPD).



Data from a cohort study of women with a high risk of Cardio Vascular Disease (CVD) receiving a daily supplementation combination of folic acid, B6 and b12 showed a decreased risk of age related macular degeneration (AMD). AMD, the leading cause of blindness in people over age 60, is a deterioration of the retina. Proper nutrition appears to be key in the preventive measures that should be taken to reduce the risks of AMD.

Although more research is needed to confirm these findings, this news is exciting for consumers who utilize dietary supplementation as part of a healthy lifestyle.

Sources:
<http://www.crnusa.org/>
<http://archinte.ama-assn.org>

According to a study published in the March 2009 edition of *Pediatrics*, an inadequate intake of B12 during pregnancy is linked to higher incidences of neural tube defects. A neural tube defect, such as spina bifida or anencephaly is improper development of the fetal brain and spinal cord. Researchers recommend that B12 levels be at optimal levels prior to conception. Talk to your healthcare provider for nutrition and supplement guidance.

Pediatrics. 2009;123(3):7-923



Green tea consumption may be helpful in keeping your smile healthy. Japanese researchers found an association between green tea intake and lower rates of periodontal disease. Talk to your healthcare provider for nutrition and supplement guidance.

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